



Training Calendar - Fall 2015

Mental Health First Aid



Mental Health First Aid is help provided to someone developing a mental health problem or experiencing a mental health crisis.

- Dates:** 1. September 29 & 30
2. October 7 & 8
3. November 11 & 12
- Location:** DMHS Whitby Mall Training Room (Lang Tower, Suite 202)
- Cost:** \$120
- Time:** 9:00am – 4:00pm both days

To register, please contact Aubrey Andrus at aandrus@dmhs.ca or 905-666-0831, ext. 3228.

safeTALK - LivingWorks Education (Suicide Alertness For Everyone)

New to Durham Region from LivingWorks Education, the makers of ASIST, safeTALK is a 3 ½ hour suicide alertness program that helps participants become alert to the danger of suicide and able to link people with thoughts of suicide to effective intervention support.



- Dates:** Thursday, October 15
- Location:** Oshawa and District Shrine Club (1626 Simcoe Street North)
- Time:** 9:00am – 12:30pm
- Cost:** \$60

To register, please contact David Clarke at dclarke@dmhs.ca or 905-666-0831, ext. 3242



Mental Illness 101
(two day workshop)

Developed in partnership with the Region of Durham, this 2-day workshop was designed to help non-mental health front-line workers become more knowledgeable, comfortable and skilled when dealing with individuals who experience mental illness. It is a locally developed alternative or complement to Mental Health First Aid.

There are four half-day sections: Understanding Mental Illness, Supporting Recovery; The Mood Disorders (Depression and Anxiety); The Biologically-Based Disorders (Schizophrenia and Bipolar Disorder) and Understanding and Relating to Individuals who Experience Borderline Personality Disorder.

Dates: Monday, October 26 and
Tuesday, October 27

Location: Oshawa and District Shrine Club
(1626 Simcoe Street North)

Time: 9:00am – 4:00pm

Cost: \$120 per person

To register, please contact David Clarke at dclarke@dmhs.ca or 905-666-0831, ext. 3242.



Combined Crisis and Suicide Intervention
(one day workshop)

Human service workers must know how to intervene effectively with people in crisis – whether those people “act out” aggressively or “act in” with thoughts of suicide. This one-day workshop uses a research-tested model of crisis intervention to give helpers the tools they need to resolve crises safely and effectively.

Dates: Thursday, November 5

Location: Oshawa and District Shrine Club
(1626 Simcoe Street North)

Time: 9:00am – 4:00pm

Cost: \$70 per person

To register, please contact David Clarke at dclarke@dmhs.ca or 905-666-0831, ext. 3242



Issues, Ethics and Professionalism (one day workshop)

This NEW one-day workshop from DMHS focuses on the way that our values play out in our work. An introductory section on ethical decision making sets the foundation for an exploration of two values-laden topics: professional boundaries and working with diversity. In the afternoon, professionalism is the focus, starting with a brief discussion of standard professional norms and followed by two in-depth discussions of how we talk to one another at work (“staying in dialogue”) and how we can effectively manage our own strong emotions. This workshop includes content from the workshop previously titled “Maintaining Effectiveness When Emotions Rise.”

Date: Thursday, November 19

Location: Oshawa and District Shrine Club
(1626 Simcoe Street North)

Time: 9:00am – 4:00pm

Cost: \$70 per person

To register, please contact David Clarke at dclarke@dmhs.ca or
905-666-0831, ext. 3242